



ACADEMY *FOCUS*

APRIL 2026





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Submissions

academyfocus welcomes submissions from Fellows who wish to share their work, for example, conference or seminar reports, book reviews, or photographs. If you are interested, please contact the Editorial Board at focus@hkam.org.hk.

All submissions are subject to editorial review and approval. Information supplied, whether or not included in **academyfocus**, may be posted on the Academy website.

Deadline

The deadline for contributions for the July 2026 issue of **academyfocus** is 1 June 2026. Please send any submissions by e-mail to focus@hkam.org.hk.

academyfocus is published quarterly by the Hong Kong Academy of Medicine Press.

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WELCOME MESSAGE

PROF. PHILIP KAM-TAO LI
PRESIDENT, HONG KONG ACADEMY OF MEDICINE



Dear Fellows and colleagues,

As we move into the second quarter of the year, the Academy continues to drive forward its key initiatives. On 2 March 2026, we held our Media Spring Luncheon, marking a positive and encouraging start to the year. Three key areas were highlighted. First, the development of an AI-powered virtual patient platform to enhance specialist training, while emphasising that AI supports—but does not replace—clinical judgement. The Academy is also preparing its first Position Statement on AI in medical education, to be released in the first half of this year. Second, professionalism and ethics continue to be a core focus of the Academy through its dedicated committees and ongoing educational initiatives. For instance, the Academy has organised seminars on Best Practice Guidelines for Advance Directives to discuss the practical application and implications of the medical consent principle in Hong Kong. Third, following the establishment of the Task Force on Organ Donation in 2025, the Academy developed a two-tiered training framework: the first tier raises awareness among healthcare professionals on the clinical, legal and ethical aspects of organ donation and end-of-life care, while the second provides advanced specialist training in donor identification, management and family communication in acute settings.

Another important area of work this year concerns the Academy's Professionalism and Ethics Committee. Key priorities include developing a set of Best Practice Guidelines for doctors on the use of AI from the perspectives of professionalism and ethics, as well as strengthening efforts in genetics and genomics. The Seminar on Medical Negligence Litigation and the Dynamics of Settlement, jointly organised by the Task Force on Laws for Healthcare Practitioners under the Professionalism and Ethics Committee and the Jockey Club Institute for Medical Education and Development of the Academy, was conducted on 19 January. It examined how lawyers assess claims, decide whether to proceed to trial, and pursue out-of-court settlements in the UK. A total of 138 participants attended, and positive feedback was received. At the Government's invitation, the Academy is actively exploring the establishment of a pool of medical experts to systematically organise

specialists from different disciplines to provide advice on complaint cases and, when invited, participate in inquiries of the Medical Council of Hong Kong (MCHK), with the Academy serving as a professional steward by maintaining a database and supporting standards development, without involvement in MCHK's proceedings.

I joined a trip to Beijing earlier in January 2026 relating to the National Capacity Building Programme commissioned by the National Health Commission (NHC) and supported by the Hong Kong Jockey Club's Institute of Philanthropy, during which we met leaders from the NHC, Chinese Medical Doctor Association, Chinese Preventive Medicine Association and other organisations. On the other hand, a group of 48 trainees under this initiative is currently undertaking a 6-month training programme in Hong Kong, with the Academy commissioned as the main coordinating party for the implementation of the programme. Extending our efforts beyond academia, the Academy Volunteer Team successfully organised an outreach in Tai O on 11 April, with 60 volunteers serving 120 older adults with health checkups.

I was pleased to attend the 2026 World Internet Conference (WIC) Asia-Pacific Summit on 13-14 April, hosted by the WIC and organised by the Hong Kong SAR Government, and co-organised by the Innovation, Technology and Industry Bureau, where I had the opportunity to deliver a keynote speech at the 'Digital and Intelligent Health' session about the topic "Building an Open and Collaborative Innovation Ecosystem for Digital and Intelligent Health".

Finally, the Quadripartite Medical Education Conference, to be held on 4-6 September 2026, is progressing in full swing. First established as a triennial event jointly by the Academy, the medical faculties of CUHK and HKU, and Hospital Authority, this year's conference is themed "Shaping the Future of Medical Education". The programme will cover areas including competency-based medical education and innovation; professionalism, ethics and research; and quality and safety, providing a comprehensive platform for the medical education community. Please save the date and share it with your peers and colleagues.

If you have any comments or suggestions, or if you would like to contribute to the **academyfocus**, please contact the Editorial Board at focus@hkam.org.hk.



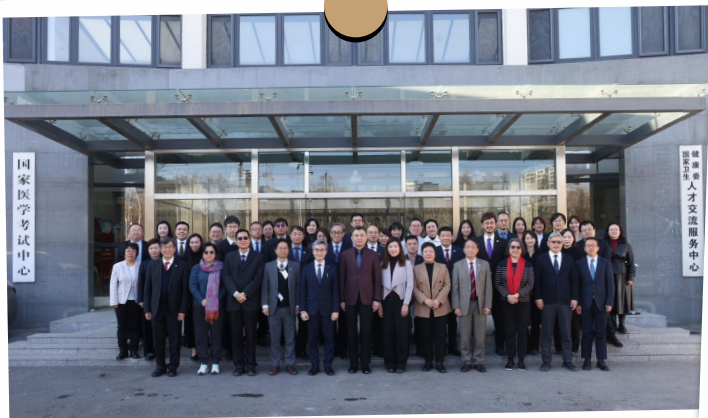
Prof. Li and the Academy's Council members sharing their insights at the Media Spring Luncheon



A fruitful evening of exchange with NHC trainees on 16 April



Prof. Li speaking at the 2026 World Internet Conference Asia-Pacific Summit



Leadership visit to Beijing for capacity building exchange



Featuring Ms. Sophie Pearson (second from left), Associate at Kennedys UK, the seminar on 19 January explored UK litigation and settlement practices



JOCKEY CLUB INSTITUTE FOR MEDICAL EDUCATION AND DEVELOPMENT

Sports and Exercise Medicine Summit 2026

The Sports and Exercise Medicine Summit, jointly organised by the Hong Kong Academy of Medicine (HKAM) and the Hong Kong Sports Institute (HKSI), was successfully held at the HKSI on 14 March 2026. The event brought together 281 local and international experts, healthcare professionals and elite athletes to explore the evolving roles of sports and exercise medicine in high-performance sport and the wider community.

The Opening Ceremony was officiated by Mr. Lau Chun, Raistlin JP, Under Secretary for Culture, Sports and Tourism; Dr. Pang Fei-Chau, Commissioner for Primary Healthcare;

Prof. Li Kam-Tao, Philip, President of the HKAM; and Mr. Tang King-Shing, GBS, PDSM, Chairman of the HKSI. Officiating guests highlighted the increasingly important role of sports and exercise medicine not only in enhancing elite sports performance but also in disease prevention, rehabilitation and the promotion of healthy lifestyles. They also emphasised its emergence as a growing professional field and the value of cross-disciplinary collaboration in strengthening athlete support and benefiting the wider sporting community. Dr. Marvin Chung from the Young Fellows Chapter contributed to the Summit by serving as one of the Masters of Ceremonies for the event.



Key Highlights

Athletes Sharing Session

The Summit began with a video message from swimmer Siobhan Haughey expressing support for this meaningful collaboration. In the athlete sharing session, cyclist Lee Sze-Wing highlighted the value of preventive care; Para badminton athlete Chan Ho-yuen

emphasised the importance of screening and tailored conditioning; and skater Lam Ching-Yan shared that early detection and balanced recovery are vital for long-term health and sustainable athletic development.

Advancing Knowledge in Sports & Exercise Medicine

The Summit featured a series of in-depth sessions delivered by local and overseas experts, providing participants with a comprehensive overview of the evolving field of sports and exercise medicine.

It covered cardiac and non-cardiac risk factors, age-specific considerations, targeted investigations, and a holistic readiness assessment guided by a structured algorithm.

The first keynote address, **The Role of Sports & Exercise Medicine in Modern Healthcare**, highlighted sports and exercise medicine's expanding contributions to performance, rehabilitation and public health. It emphasised early intervention, exercise-based prevention of chronic disease and the integration of musculoskeletal care, exercise physiology and health promotion to improve long-term wellness and reduce the healthcare burden.

The programme continued with **Fundamental Concepts in Sports Injury and Rehabilitation**, highlighting the need for early recognition of hip osteoarthritis in athletes and outlining opportunities for clinicians to identify at-risk individuals and reduce the long-term disease burden.

In **Exercise Prescription Principles for Chronic Disease**, evidence-based approaches to exercise prescription were discussed, with a focus on safety, risk stratification and structured progression. Using the FITT-VP (Frequency, Intensity, Time, Type, Volume, and Progression) framework, the session underscored intensity regulation, resistance training and condition-specific modifications, reinforcing exercise as a first-line, dose-dependent therapy essential for Hong Kong's ageing population.

The Summit continued with a focus on **Multidisciplinary Knowledge in Sports & Exercise Medicine & its Applications in Clinical Practice**. This session explored the specialised demands of elite sport, highlighting the value of a science-based, team-supported approach. It emphasised understanding sport-specific physiological needs, applying core training principles, planning long-term development, and using continuous monitoring to optimise performance while reducing injury risk.

The second keynote address, **Pre-competition Medical Assessment**, introduced a risk-based, athlete-centred approach that supports proportionate risk management.

In the session on **Advances in Sports Science and Technology**, participants were introduced to emerging athlete-centred innovations that enhance training efficiency, support safer rehabilitation, and strengthen long-term athlete development through integrated, data-driven approaches.



Panel Discussion

The session on **Multidisciplinary Collaboration in Sports Medicine** highlighted the essential teamwork among doctors, physiotherapists, sports scientists and allied health professionals in delivering integrated athlete care. Best practices, communication needs and

challenges in high-performance settings were discussed. A case involving an elite high jumper recovering from a high-grade gastrocnemius tear illustrated how coordinated planning and athlete engagement underpin safe and effective return-to-play decisions.



Interactive Activities

During the interactive lunch programme, participants joined guided tours of the HKSI's Sports Medicine and Sports Science facilities or took part in

hands-on workshops on Strength and Conditioning, Lower Limb Return-to-Play Assessments, or Sports Psychology Tools and Wearables Experience.



The Way Forward

The Summit reaffirmed the commitment of the HKAM and the HKSI to advancing sports and exercise medicine in Hong Kong. Through ongoing collaboration and knowledge exchange, both organisations will continue to strengthen the field's impact on elite athletes and the wider community.

To support long-term development, the HKAM will launch a 30-hour Certificate Course in Sports and Exercise Medicine, with Summit learning hours credited towards the course requirements. Further programme and registration details will be announced in due course.



A Milestone in Medical Education: The 3rd CBME Seminar Celebrates Success

Recognising the need to modernise postgraduate medical training, the Hong Kong Academy of Medicine (HKAM) has been at the forefront of promoting Competency-Based Medical Education (CBME). This shift was driven by recommendations from major conferences and the HKAM Position Paper on Postgraduate Medical Education, highlighting the move away from the traditional time-based model towards a more outcome-driven, competency-focused approach. To support this transition, the Academy launched a series of CBME seminars, providing a platform for trainers and trainees to share experiences, address challenges, and build momentum for change.

The first two seminars, held in January and August 2024, brought together representatives from various Colleges to discuss early experiences with CBME implementation. These interactive events enabled participants to exchange best practices, explore innovative solutions and chart the way forward for postgraduate medical education in Hong Kong.

Building on earlier gatherings, the Academy hosted the 3rd CBME Seminar on 21 March 2026 at the Pao Yue Kong Auditorium. The event opened with welcome remarks from the Academy President, followed by introductions from the Vice President (Education and Examinations) and the Academy's Educationist, setting the stage for a morning of sharing and collaborative learning.

During the seminar, representatives from six Colleges provided insights on CBME implementation. Key topics included the development of competency frameworks, integration of workplace-based assessments, strategies to engage trainers and trainees, and challenges during the transition from traditional models. Speakers also highlighted innovative approaches to curriculum design and assessment, and the importance of faculty development and feedback. The lively Q&A sessions after each presentation enriched the discussion, allowing participants to delve into best practices and lessons learned.

An open discussion brought together College representatives in a robust exchange of ideas, experiences and strategies for the future. This dialogue identified opportunities for growth and reinforced the shared vision for excellence in medical education across specialties.

The seminar concluded with the Academy's Educationist outlining the way forward, energising participants to continue driving positive change. Attendees departed with renewed sense of purpose and practical insights to take back to their Colleges.

To support ongoing development and collaboration, the Academy is pleased to announce that a 4th CBME Seminar is being planned. The seminar will continue to provide a platform for sharing progress, addressing challenges and driving innovation in competency-based medical education across specialties.



SECOND SEMINAR ON ADVANCE MEDICAL DIRECTIVES

The 2nd Seminar on Advance Medical Directives (AMD), themed **"Best Practice Guidelines on Advance Medical Directives"**, was organised by the Task Force on Advance Medical Directives under the Professionalism and Ethics Committee, in collaboration with the Jockey Club Institute for Medical Education and Development on **7 February 2026**.

The seminar aims to equip healthcare professionals with practical knowledge and skills to navigate the Academy's *Best Practice Guidelines on Advance Medical Directives*, published in March 2025, in light of the implementation of the Advance Decision on Life-sustaining Treatment Ordinance gazetted in November 2024. It targets Academy Fellows, specialist trainees, and other healthcare professionals to familiarise themselves with the Ordinance and to facilitate the compliance in clinical practice.

The programme started with opening remarks delivered by Prof. Philip Li, followed by expert-led presentations and case discussions by Dr. Doris Man-wah Tse, Dr. Annie Oi-ling Kwok, Dr. Jacqueline Kwan-yuk Yuen and Dr. Benjamin Hon-wai Cheng, covering key aspects of AMD and advance care planning (ACP), including practical guidance on ACP for mentally capable and incapable adults, the use of model AMD and DNACPR forms in clinical practice, and facilitation of dying in place. A panel discussion and interactive Q&A session provided participants with an opportunity to explore practical applications and challenges, followed by multidisciplinary dialogue and experience sharing. Dr. Janice Leung, a Member of the Young Fellows Chapter, served as the emcee of the seminar.

Through a combination of legal, ethical, and clinical perspectives, the seminar seeks to enhance participants' understanding of AMD implementation and navigate relevant issues arising from the Ordinance.



YOUNG FELLOWS CHAPTER



DR. ADRIAN CHI-HENG FUNG
CHAIR, YOUNG FELLOWS CHAPTER
(2025-2026)



DR. PHOEBE PUI YING LAM
VICE-CHAIR, YOUNG FELLOWS CHAPTER
(2025-2026)

Tai O Service

Service to society is a core component of ESG initiatives, which HKAM strongly emphasises. This year, the HKAM Volunteer Team was established, and our inaugural project focused on serving the older adults in Tai O.

Tai O is a remote village in Hong Kong with a large elderly population. Due to geographical constraints, residents face difficulties in accessing regular medical and dental care.

Led by Dr. Phoebe Lam, Dr. Cheryl Chan and Dr. Sunny Au—members of the Young Fellows Chapters of the College of Dental Surgeons, College of Family Physicians,

and College of Ophthalmologists, respectively—the team organised this meaningful outreach on 11 April 2026. Over 60 volunteers—including HKAM members, their families and companions, as well as collaborators from CUHK and HKU Faculty of Dentistry—served approximately 120 elderly residents of Tai O. Services included medical consultations, retinal scans, dental examinations and preventive treatments.

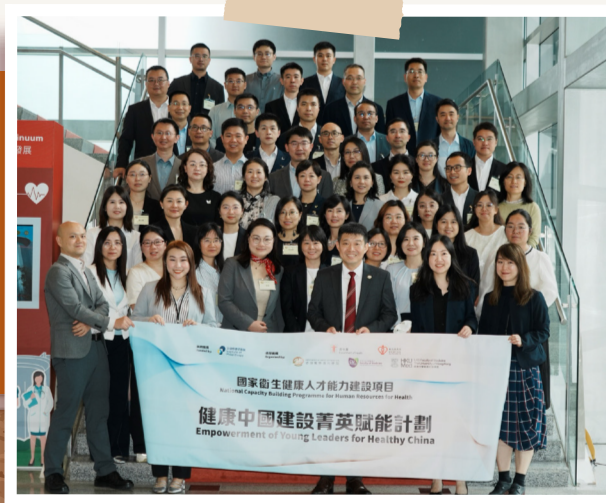
The initiative was warmly received by both participants and collaborators. We hope the Volunteer Team will continue to embody the spirit of service and make a positive impact on the community in the future.



The Mainland–Hong Kong Young Fellows and Leaders Exchange Forum

Co-organised by the Hong Kong Academy of Medicine Young Fellows Chapter, the Mainland–Hong Kong Young Fellows and Leaders Exchange Forum on 16 April 2026 was a resounding success, serving as an exceptional platform for knowledge sharing, interaction and camaraderie. The forum featured insightful presentations and lively discussions between representatives of Hong Kong young Fellows and mainland healthcare leaders, fostering mutual understanding and collaboration. Participants explored various healthcare topics, sharing professional experiences and personal training pathways. The event seamlessly blended professional

dialogue with social engagement, culminating in a vibrant gathering and exchange evening. Attendees enjoyed a relaxed BBQ dinner and were treated to an unforgettable music performance by both Hong Kong young Fellows and mainland representatives. This cultural and personal exchange added a unique touch, further strengthening the bonds among participants. The event succeeded in bridging geographical and professional gaps, leaving attendees inspired and eager for future collaborations. The forum highlighted the importance of such exchanges in building a stronger, unified community of healthcare professionals across regions.



FELLOWS' WELL-BEING



WHAT'S NEW

Strengthening Well-Being and Health, While Building Teamwork and Spirit Through Sports

Sports events promote physical fitness, teamwork, and positive sportsmanship. In this connection, the Academy's football team, AM F.C., and basketball team participated in the Federation Sports Day 2026, held on 15 March 2026 at Ying Wa College.

The basketball team achieved an outstanding result by emerging as champions, with Dr. Luk Tat Lam, Specialist in Otorhinolaryngology, named MVP of the basketball competition. The Academy's football team, AM F.C., also demonstrated strong resilience and collaboration, receiving a merit award in the football competition. Congratulations to all members who participated in and contributed to this sporting event.



"Let the Smile Shine" Dental Care Talk

The "Let the Smile Shine" dental care talk, organised by the Academy's Social Subcommittee, took place on 31 January 2026 (Saturday). The event featured insights from our Dental Surgeon Fellows, Dr. Anita Chan, Specialist in Periodontology, and Dr. Tom Ho, Specialist in Endodontics, and highlighted practical tips for maintaining healthy teeth and gums. The speakers emphasised how small daily habits can prevent tooth decay and periodontal disease while fostering a bright smile that starts from within. Participants took part in an interactive and relaxed session that focused on practical approaches to sustaining long-term oral health and overall well-being.



Orchid Workshop

Orchids are a favourite decoration during New Year celebrations. The Academy was delighted to host an engaging and hands-on Orchid Workshop on 7 March 2026, led by Dr. Sam Kim, Specialist in Orthodontics and long-time orchid enthusiast. The workshop featured both sharing and guided hands-on practice, allowing attendees to repot their own orchids for re-blooming with expert support. Teas and floral desserts were served to participants to complement the event's theme. The workshop was warm, lively, and inspiring, offering a highly engaging experience.



Self-Assessment Tool

Take **Copenhagen Burnout Inventory questionnaire** to know more about the levels of burnout.

Mindfulness Audio Clips

The Academy has maintained a strong commitment to advancing doctors' well-being through a variety of focused initiatives. Dr. Chiu Ling, a certified instructor of the Mindfulness-Based Stress Reduction (MBSR) programme, and Dr. Eric Lee, Associate Professor (Clinical) at the JC School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong, recorded audio clips on mindfulness practices for daily and workplace use to reduce stress and enhance well-being. These recordings are available on the Well-being website to support regular mindfulness practice. For details, please visit: https://well-being.hkam.org.hk/mindfulness_workshop/



Save the Date! QMEC 2026 – “Shaping the Future of Medical Education” (4 to 6 September 2026)



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HOSPITAL
AUTHORITY



The Hong Kong Academy of Medicine (the Academy) is pleased to announce the Quadripartite Medical Education Conference (QMEC) 2026, to be hosted by the Academy in collaboration with the Faculty of Medicine of The Chinese University of Hong Kong, the Li Ka Shing Faculty of Medicine of The University of Hong Kong, and the Hospital Authority. The Conference will be held at the Hong Kong Academy of Medicine Jockey Club Building, with pre-conference workshops on 4 September, followed by the main Conference on 5 and 6 September 2026.

This inaugural conference brings together four key institutions united by a shared vision to advance excellence in medical education across the continuum from undergraduate to postgraduate training. Centered on the theme **“Shaping the Future of Medical Education”**, the Conference will provide a platform for meaningful exchange, fresh perspectives, and collaboration in the medical and healthcare communities.

Medical educators, clinicians, researchers, medical students, and healthcare professionals from both local and international settings are welcome to join. The QMEC aims to foster open dialogue and inspire innovative approaches to medical education.

Please save the date and join us for this dynamic and forward-looking event where ideas converge, connections flourish, and the future of medical education is shaped together.

For details of the tentative program, please visit the website: [Quadripartite Medical Education Conference 2026](https://www.hkam.org.hk/qmec2026)

Further updates, including registration details, etc., will be announced in due course. Stay tuned.

For enquiries, please contact us at qmec2026@event.hkam.org.hk or by telephone at 2871 8718 / 2871 8858. We look forward to welcoming you to QMEC 2026.